

Broccoli Apple Salad with Tangy Honey Mustard Dressing

Say hello to your new go-to crunchy salad! Broccoli brings cancer-fighting power, apples add fiber and juicy sweetness, and sunflower seeds sprinkle in antioxidant power with vitamin E. Tossed in a zippy honey mustard dressing, this salad is proof that healthy and delicious go hand in hand.

Prep time: 20 minutes

Serves: 4-6

Ingredients

Salad

- 1 pound broccoli florets roughly chopped into small pieces
- ½ cup finely chopped red onion (or sub scallions)
- 1 medium apple, diced
- ½ cup dried cranberries
- ½ cup roasted sunflower seeds
- ½ cup grated sharp cheddar cheese

Dressing

- ⅓ cup extra-virgin olive oil
- 2 tablespoons apple cider vinegar or red wine vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- ½ teaspoon garlic powder
- ¼ teaspoon sea salt

Instructions

1. In a large mixing bowl, add the chopped broccoli, onion, apple, sunflower seeds and cheddar cheese.
2. To make the dressing, combine all dressing ingredients in a jar with a lid and shake until well mixed. Alternatively, you can place the dressing ingredients in small bowl and whisk until well mixed.
3. Pour the dressing over the salad and toss until all ingredients are lightly coated. Allow salad to marinate in the refrigerator for at least 20 minutes before serving.
4. Store in the refrigerator for up to 3 to 4 days.

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